

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367
 Office Telephone: 315-376-4333
 Website: www.brooksideseiorliving.org
 Email: brooksideseiorliving.org
Issue May 20th, 2024 **Editor: Karla Searl**

Betty Lehman on May 20th, Eunice Witmer on May 21st, Maureen Duppert on May 22nd, Pat Call and Thomas Knapp on May 25th

Ray and Mary Rhubart on May 25th.

What's New This Week

Monday, May 20th

10:00 am...Tops Grocery Shopping and Banking

2:00 pm... Bingo

6:30 pm...Down Home

Tuesday, May 21st

9:35 am... Walmart Shopping

2:00 pm...Kinney's Shopping

Wednesday, May 22nd

10:00 am... Ride to Respite Café

2:00 pm...Shopping at Marshalls

7:00 pm.... Euchre

Thursday, May 23rd

9:35 am...Tops Grocery Shopping and Banking

4:30 pm...Resident Supper

Friday, May 24th

9:00 am... Exercise Class (Stronger Seniors)

10:00 am...Exercise Class (Stronger Seniors -Strength Training)



Growing old is mandatory, but growing up is optional.
 -Walt Disney

On call this week – Min Roggie - If you are in need of assistance from **5:15 pm to 7 am**, call 315-376-4333. You will reach our answering service, and they will direct your call. In case of an emergency, push your emergency button or dial 911.

ADIRONDACK MENNONITE RETIREMENT COMMUNITY, INC. **MISSION STATEMENT**

Adirondack Mennonite Retirement Community seeks to share God's love by providing for the older adult, a home and lifestyle that are independent and dignified, secure and sheltering, purposeful and fulfilling, creative and enriched, all within the framework of our Christian heritage. To that end, we will strive to be visionary in our recognition of needs and compassionate in our approach to services.

Monday May 20th is World Bee Day! Bees are the most common and efficient pollinators. This contributes to food security around the world. Today we express our gratitude.
Tuesday May 21st is Eat More Fruits and Vegetables Day! A diet rich in fruits and vegetables can supplement essential vitamins, minerals and dietary fibers. It can help reduce health conditions like diabetes, obesity, heart attacks, strokes, high blood pressure, high cholesterol and cancer.

Wednesday May 22nd is National Solitaire Day! This brilliant game has entertained people for years. The quick strategies, memorization and focus help people stay sharp as they compete against themselves.

Thursday May 23rd is Lucky Penny Day! It's always nice to find a penny lying around and they have often been associated with fortune, good things to come and good luck. Look under your couch cushions and keep an eye on the ground. You may find a lucky penny.

Friday May 24th is National Asparagus Day! This highly nutritious vegetable has numerous health benefits. It is high in fiber, folate, vitamins A,C and D. It also contains vitamin K.

Saturday May 25th is Sally Ride Day! Sally is celebrated for being a great role model for girls and young space enthusiasts. She was the first American woman astronaut to go into space.

Sunday May 26th is Indianapolis 500 Day! The world's most iconic automobile race has taken place every year since 1911. It is often called "The Greatest Spectacle in Racing."

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of May 20th, 2024

MONDAY May 20th	9:00 AM...Exercise Class (Stronger Seniors, Class Exercises) 10:00 AM...Exercise Class (Strength Improvement w/Betty Switks) 10:00 AM...Tops Grocery Shopping and Banking 2:00 PM... Bingo 6:30 PM...Down Home	   
TUESDAY May 21st	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart Shopping 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ... Golf	  
WEDNESDAY May 22nd	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 10:00 AM... Ride to Respite Cafe 1:00 PM...Pinochle 2:00 PM... Shopping at Marshalls 7:00 PM.... Euchre	  
THURSDAY May 23rd	Beauty Salon...Call 315-523-5048 for an appointment 9:35 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 4:30 AM...Resident Supper 7:00 PM... Dominos	  
FRIDAY May 24th	Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors Strength Training)	
SATURDAY May 25th	3:00 PM...Social Hour	
SUNDAY May 26th	10:15 AM...Deacon Ken Seymour's Catholic Communion in the parlor 11:00 AM...Rev. Evan Zehr's Service, in the activity room 7:00 PM...Golf	

Brookside Dinner Menu

For the Week of May 20th, 2024

The alternate entrée choice for the week is Chef Salad w/ Chicken tenders :Dressing selections are on the tables.

MONDAY- 5/20	TUESDAY- 5/21	WEDNESDAY- 5/22	THURSDAY- 5/23
Pancakes & Sausage Or Open Faced Tuna Melt Strawberry Spinach Salad Or Applesauce Or Cottage Cheese Hashbrowns Buttered Beets Chocolate Lush Or Mandarin Oranges	Spanish Rice Or Chicken Tenders w/ Fries Applesauce Jello-Salad Or Applesauce Or Cottage Cheese Country Blend Cauliflower Ice Cream Bar Or Tropical Fruit	Tomato Soup & Egg Salad Sandwich Or Shake & Bake Pork Chops w/ Mashed Potatoes & Gravy Cottage Cheese w/ Peaches Or Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Corn Casserole Peach Crisp Or Pineapple	Orange Glazed Honey Chicken w/ Buttered Noodles Or Bacon Cheeseburger Red, White & Blue Cheesecake Salad Or Applesauce Or Cottage Cheese Baked Beans Summer Blend Veggies Buttered Noodles Lemon Cupcake Or Cantaloupe
FRIDAY- 5/24	SATURDAY- 5/25	SUNDAY- 5/26	<i>Enjoy Your Meals!</i>
Breakfast Pizza Or Shrimp Scampi over Angel Hair Pasta Coleslaw Applesauce or Cottage Cheese Corn Roasted Zucchini Cookies Or Fresh Fruit	Turkey, Swiss Cranberry Mayo Sliders Or Grilled Ham Sweet & Sour Pasta Salad or Applesauce or Cottage Cheese Potato Salad Cheesy Broccoli Brownie Sundae Or Mixed Fruit	Meatloaf Or Stuffed Sole Broccoli & Tomato Salad or Applesauce Or Cottage Cheese Loaded Mashed Potatoes Green Bean Casserole Honey Glazed Carrots Blueberry Cheesecake Or Grapefruit	<p><i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i></p> <p><i>Choose <u>one entrée</u>, <u>one salad</u>, <u>one dessert</u> and as many other sides as desired. Bread is on the tables.</i></p> 

Father-Son Breakfast- Brookside is cordially inviting you to the annual Father-Son Breakfast. It will take place at **8:30am -9:30 am on Saturday, June 15th 2024.** We will serve pancakes, scrambled eggs, sausage, juice & coffee. Please RSVP by Monday, June 10th.

Trip to Turning Stone! A trip to Turning Stone Resort has been planned for **Wednesday, May 29th.** We will depart at **9:30 am** and return at **2:00 pm.** A sign-up sheet has been posted by the main office. Please sign up by Monday, May 27th. **The cost to ride in the Brookside van is \$ 7.00.** We hope that you join us for a day of fun! Turning Stone offers a wide variety of fun activities! Choose to do whatever you like!

Resident Supper Menu- This is the last Resident Supper until September. The menu is a chicken salad cold plate....chicken salad, muffin, fresh fruit, cheese & crackers.

Monday, May 20th At **10:00 am** we will be going to Tops for shopping and banking. Ride along or bring a list to Karla. At **2:00 pm** we will have Bingo in the activity room. At **6:30 pm** Down Home will be here.

Tuesday, May 21st, At **9:45 am** we will go to Walmart. Ride along or bring list to Karla. At **2:00pm** we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, May 22nd , At **10:00 am** we will transport Residents to the Respite Café. At **2:00 pm** we will be going to Marshalls. At **7:00 pm** we will play Euchre.

Thursday, May 23rd, At **9:45 am** we will be going to Tops Grocery Store. Ride along or bring a list to Karla. At **4:30 pm** we will have our Resident Supper.

Friday, May 24th, At **9:00 am** (Stronger Seniors -strength and balance) Exercise Class will be in the activity room. At **10:00 am** (Stronger Seniors -stretching) Class will be held in the activity room.

Plan Ahead, Mark Your Calendar... Wednesday, May 29th ...Trip to Turning Stone
Thursday, May 30th....Resident Birthday Party
Friday, May 31st...Aaron Karppala Music Performance

Welcome to Allen's Alley By Gordon Allen

Reflections of a flirt...

I'm a flirt.

I admit it unabashedly.

I'm also a student of "the flirt."

I like to watch other people play the game. Most people flirt.

Kids flirt. Young and old men flirt. Women enjoy flirting.

Pastors flirt. Nurses flirt. Even accountants and bar tenders flirt.

It's part of our nature; something we do to enhance the moment when dealing with other people.

Webster's Universal College Dictionary defines the flirt as **to court playfully: act amorously, often without serious intentions.**

The word amorous suggests sexual love. Flirting can be this but is often not sexual. Flirting is an effort to connect souls.

It's positive, non-threatening, and most of always is accompanied with a twinkle in the eye.

A twinkle in the eye?

Yeh.

Physically, a flirt begins with making eye contact with someone and holding that eye contact... for a fraction of an instant longer than is necessary. For me, it's essential that the flirt end with a smile.

Flirting is often done as a tease...to get the other person to smile. Flirting starts conversations. Flirting warms the moment of the day. A well placed flirt is sometimes the only fun others receive in a day. It's a variation on your smile. The power of a flirt, like that of a smile, can be awesome.

Some people are masters of the technique and those who are good at it spread joy wherever they go. A good flirt is seldom misunderstood.